

Family & Resident *News*

November 2014

Road to Recovery

Over the course of five months, Dorothy Zuber, a St. Joseph resident, had both her knee and hip replaced by orthopedic surgeon, **Daniel Sohn, MD**, Southwest Michigan Center for Orthopaedics and Sports Medicine. After each surgery, she turned to Pine Ridge for her physical therapy treatment.

"I had heard about Pine Ridge while they were in the process of building the facility and after it opened everyone was telling me about how it didn't have the same feel that you often experience in a nursing home setting – it was a very home-like environment," said Dorothy.

Dorothy spent two weeks at Pine Ridge in March after her knee replacement and another week in August after her hip replacement undergoing physical therapy.

"My experience at Pine Ridge was excellent," she said. "The therapy I underwent was so much easier because of the compassionate and attentive care I received from all members of the staff – they were right there whenever I needed anything."

Dorothy said that her time in physical therapy was even more enjoyable because of the relationship she built with Rie Shimada, Therapy Program Director at Pine Ridge.

"I was able to talk to Rie while I was completing my therapy each day which made it easier for me," said Dorothy. "She gave me tasks that she knew I would be capable of completing – it was a fun road to recovery."

Since leaving Pine Ridge, Dorothy has made a full recovery – a feat she tributes to the exemplary care she received during her time here. Dorothy said she plans to have her other knee replaced in a few years and would not look anywhere else to complete her physical therapy.

A photograph showing Dorothy Zuber, an elderly woman with short blonde hair, sitting on a piece of exercise equipment. She is wearing a white long-sleeved top and blue jeans. Standing behind her is Rie Shimada, a woman with long dark hair, wearing a grey long-sleeved top and dark pants. Rie has her hands on Dorothy's shoulders. They are in a physical therapy room with windows in the background.

Dorothy Zuber and Rie Shimada formed a friendship during Dorothy's road to recovery

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Pine Ridge Heads to the Berrien County Youth Fair

The Berrien County Youth Fair is one of the most iconic events in southwest Michigan. Each year, thousands of visitors head to the fairgrounds to enjoy a weeklong exhibition showing off the county youth's talents and projects. This year's fair had the patriotic theme of "Salute Our Heroes."

On August 13, over twenty residents had the opportunity to spend a day enjoying all that the fair has to offer.

"Residents enjoyed shopping in the commercial buildings, going to the Birthing Barn, eating fair food, and just being outside in the sunshine," said Ronda Payne, Activity Coordinator. "It was a perfect summer day for the trip."



The fair also offered many other attractions such as a historical building, exciting rides, and grandstand entertainment!

"This might be the best fair trip yet, great weather, a big group, and good food," said resident Noble Simmons.

Resident Nancy Butcher and Volunteer Ana Montanher enjoy a beautiful day in the sunshine while visiting the fair

A Beautiful Fall Day at Tree-Mendus Fruit Farm

As the leaves begin to fall and the cool crisp air is upon us, there is no better way to celebrate fall than with a trip to a fruit farm. Residents recently traveled to Tree-Mendus Fruit Farm, a local family-operated business that offers pick-your-own and fresh-harvested fruits in season.

While there, residents enjoyed a 30-minute narrated bus tour through the orchard, where the history of the farm was explained. Next, they stopped in the market to shop and sample different varieties of apples and cider. Their favorite apple variety was called "Mother."

"It was a lot of fun to get outside and enjoy the fall weather," said resident, Harold Doggett.

As the day went on, they enjoyed a picnic box lunch prepared by the Pine Ridge Dietary Department. Lunch was topped off with a homemade fruit waffle boat covered in whipped cream and prepared by the fruit farm staff.

"Everyone agreed that we will plan to make an annual trip to Tree-Mendus Fruit Farm," said Ronda Payne, Activity Coordinator. "The fruit farm staff were wonderful and went out of their way to accommodate our residents and staff – they made us feel right at home."

A special thanks to Activity Assistant Hope Updegrave for planning and organizing this great fall trip!



Residents George Smith, Donald McCullough, Ronald McCarty, and Annabelle Bankston enjoy a delicious lunch served by Activity Assistant Hope Updegrave



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Patient Testimonials

"My name is Fred Wesner. My wife Shirley spent more than three months at Pine Ridge over the past year.

In January, Shirley had her right knee replaced by orthopedic surgeon **Kenneth Edwards, MD**, and was at Pine Ridge for approximately two months going through physical therapy. She was released in early March and in August she had to have her left knee replaced so she ended up back at Pine Ridge for another month.



Kenneth Edwards, MD

We wouldn't have chosen anywhere else for Shirley to undergo physical therapy. We were extremely satisfied with the staff and the care they provided. I can't say enough about how nice everyone at Pine Ridge was and how much they genuinely cared about getting my wife back to her normal self – we were both 100 percent satisfied.

It's often hard as a husband to be away from your wife for such a long period of time, but knowing she was at Pine Ridge put my mind at ease. I frequently went to visit her and I was amazed at the effort all staff made to ensure my needs, as her loved one, were also being met. We easily became friends with the staff there – it was a very friendly and home-like atmosphere.

Every once in a while they had special performances, worship services, or other fun activities that we attended together, and I really enjoyed the fact that I could come and be a part of her recovery in that way.

Since returning home from Pine Ridge Shirley is doing very well – she is still undergoing some therapy at our home, but overall it has been a very smooth recovery process for both of us. I simply can't say enough good things about Pine Ridge."



If you have a story about your experience at Pine Ridge that you would like to share, contact Richelle Adams, Admissions Coordinator at (269) 983-6501



Please Join Us! Upcoming Events at Pine Ridge

Ed Skjoldal Concert
Guitar and Vocals – Variety of Music
Friday, November 7 at 2:00 pm.
Main Dining Room

Larry Johnson Concert
Guitar and Vocals – Country Music
Saturday, November 8 at 2:00 p.m.
Main Dining Room

Carl and Erna Marko's Patriotic Concert and Program for Veteran's Day
Tuesday, November 11 at 2:00 p.m.
Main Dining Room

Southwest Michigan Scholarship Program
Saturday, November 15 at 1:00 p.m.
Main Dining Room

Pine Ridge: A Rehabilitation and Nursing Center
 Hanson Care Park
 4368 Cleveland Avenue, Stevensville

The Lakeland HealthCare mission:
 To enhance health and serve our community

Follow us on:



Take a Virtual Tour of Pine Ridge

Join Richelle Adams, Admissions Coordinator, on a tour of the new, state-of-the-art amenities offered at

Pine Ridge: A Nursing and Rehabilitation Facility.

As you enter Pine Ridge, a rustic stone and wood fireplace in the lobby that reflects the home-like features found throughout the facility welcomes you. Next, sit down with a good book in the cozy library complete with wireless internet access.



To take the virtual tour, visit www.pineridgecenter.com

Set on an 18-acre wooded parcel of land, the new Arts and Crafts-style facility takes advantage of expansive ravine views. Walking paths are open to residents, visitors, community members, and associates to enjoy. Other features of the facility include a Chapel, lounging areas for families to gather, and spacious physical and occupational therapy areas, among others.

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